





(616) 588-2580  
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[www.aaawm.org/EW](http://www.aaawm.org/EW)

# May 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
EnhanceFitness Yoga Movement Circuit	1 9:00a 10:15a 11:15a	Circuit Yoga	2 9:00a 10:15a	EnhanceFitness Circuit Zoom Yoga	3 9:00a 10:15a VIDEO	Circuit Yoga Zoom EnhanceFitness 9:00a	4 9:00a 10:15a	EnhanceFitness Full Body Strength Zoom Video Friday	5 9:00a 10:15a 11:00a
EnhanceFitness Yoga Movement Circuit	8 9:00a 10:15a 11:15a	Circuit Yoga	9 9:00a 10:15a	EnhanceFitness Circuit Zoom Yoga	10 9:00a 10:15a VIDEO	Circuit Yoga Zoom EnhanceFitness 9:00a	11 9:00a 10:15a	EnhanceFitness Full Body Strength Zoom Video Friday	12 9:00a 10:15a 11:00a
EnhanceFitness Yoga Movement Circuit	15 9:00a 10:15a 11:15a	Circuit Yoga	16 9:00a 10:15a	 <b>9:00 am OPEN HOUSE</b> Zoom Yoga VIDEO	17	Circuit Yoga Zoom EnhanceFitness 9:00a	18 9:00a 10:15a	EnhanceFitness Full Body Strength Zoom Video Friday	19 9:00a 10:15a 11:00a
EnhanceFitness Yoga Movement Circuit	22 9:00a 10:15a 11:15a	Circuit Yoga	23 9:00a 10:15a	EnhanceFitness Circuit Zoom Yoga	24 9:00a 10:15a VIDEO	Circuit Yoga Zoom EnhanceFitness 9:00a	25 9:00a 10:15a	EnhanceFitness Full Body Strength Zoom Video Friday	26 9:00a 10:15a 11:00a
<b>NO CLASS</b> 	29	Circuit Yoga	30 9:00a 10:15a	EnhanceFitness Circuit Zoom Yoga	31 9:00a 10:15a VIDEO				

EnhanceFitness  
M / W / F  
**9:00a –10:00a**

This physical activity class focuses on:

- Muscle strength
- Balance
- Endurance
- Flexibility
- FUN!

**IN PERSON CLASS**

Circuit  
Mondays  
**11:15a – 12:00p**  
T / TH

**9:00a –10:00a**  
Wednesdays  
**10:15a – 11:15a**

low-impact movement with muscle strengthening using weights and tubes.

- Muscle strength
- Balance
- Endurance

**IN PERSON CLASS**

Yoga  
T / TH

**10:15a –11:00a**

Come join our 45-minute class to strengthen muscles and increase flexibility!

- Improves mental clarity
- Relieves joint pain
- Restorative & Energizing

**IN PERSON CLASS**

**NEW** Yoga Movement  
Mondays

**10:15a –11:00a**

Come join our advanced yoga class to strengthen muscles and increase flexibility

- Improves mental clarity
- Relieves joint pain
- Restorative & Energizing

**IN PERSON CLASS**

VIDEO  
Friday  
**11:00a**

Videos shown are pre-recorded during the week by zoom instructors and will expire at 11:59p on Sunday night.

Video invites will only be sent if requested please email if you're interested.

**ZOOM VIDEO**

Yoga  
VIDEO

**Wednesdays**

Come join our class to strengthen muscles and increase flexibility!

- Improves mental clarity
- Relieves joint pain
- Restorative & Energizing

**ZOOM VIDEO**

EnhanceFitness  
Thursdays

**9:00a –10:00a**

This physical activity class focuses on:

- Muscle strength
- Balance
- Endurance
- Flexibility
- FUN!

**ZOOM CLASS**

**NEW** Full Body  
Strength  
Fridays

**10:15a – 11:00a**

Improves overall muscle strength and endurance, flexibility, and bone density by using various equipment including weights, bands, and balls.

**IN PERSON CLASS**

## ANNOUNCEMENTS

SILVERSNEAKERS and Silver&Fit

If your insurance holds this benefit, it may cover the cost of classes. Please contact us for more information.

**CONTACT US** (616) 588-2580 | [www.aawm.org/EW](http://www.aawm.org/EW)

## Payment Options:

\$30 All Class Membership

\$20 ZOOM Membership

SILVERSNEAKERS and Silver&Fit

Payment can be made via Cash, Check or Credit Card

\$40 10 Class Punch Card

\$40 Couples Membership

\$5 Per Class Walk In